

# SWIM TIMETABLE

FROM FRIDAY 21ST AUGUST 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:30am							
7:00am							
7:30am				Lane Swim 06.00 - 09.00			
8:00am							
8:30am							
9:00am						Lane Swim 08.00 - 10.00	Lane Swim 08.00 - 10.00
9:30am				Aqua Fit 09.00 - 10.00			
10:00am	Lane Swim 06.00 - 14.00						
10:30am						Family Fun 10.00 - 10.45	Family Fun 10.00 - 10.45
11:00am		Lane Swim 06.00 - 16.00	Lane Swim 06.00 - 16.00		Lane Swim 06.00 - 16.00		
11:30am						Family Fun 11.00 - 11.45	Family Fun 11.00 - 11.45
12:00pm							
12:30pm				Lane Swim 10.00 - 16.00			
1:00pm						Lane Swim 12.00 - 14.00	Lane Swim 12.00 - 14.00
1:30pm							
2:00pm							
2:30pm	Disabled & Remedial 14.00 - 15.00					Family Swim 14.00 - 14.45	Family Swim 14.00 - 14.45
3:00pm							
3:30pm	Lane Swim 15.00-16.00					Family Swim 15.00 - 15.45	Family Swim 15.00 - 15.45
4:00pm							
4:30pm	Family Swim 16.00 - 16.45	Family Swim 16.00 - 16.45	Family Swim 16.00 - 16.45	Family Swim 16.00 - 16.45	Family Swim 16.00 - 16.45	Lane Swim 16.00 - 17.30	Lane Swim 16.00 - 17.00
5:00pm							
5:30pm	Family Swim 17.00 - 17.45	Family Swim 17.00 - 17.45	Family Swim 17.00 - 17.45	Family Swim 17.00 - 17.45	Family Swim 17.00 - 17.45		Kingfishers Swim Club 16.00 - 18.00
6:00pm							
6:30pm	Lane Swim 18.00 - 19.00	Lane Swim 18.00 - 19.00	Lane Swim 18.00 - 19.00				
7:00pm							
7:30pm	Kingfishers Swim Club 19.00 - 21.00	Aqua Fit 19.00 - 20.00	Kingfishers Swim Club 19.00 - 21.00	Kingfishers Swim Club 18.30 - 21.00			
8:00pm					Lane Swim 18.00 - 22.00		
8:30pm		Lane Swim 20.00 - 22.00					
9:00pm							
9:30pm	Tri Club 21.00 - 22.00		Lane Swim 21.00 - 22.00				
10:00pm							

<b>General Public Swim Access</b>
<b>Fun Session</b>
<b>Private Hire</b>
<b>Adult Classes</b>

The information on this timetable is correct at the time of publication but may be subject to change at any time.

#### POOL RATIOS & SAFETY

Age 8+ and competent = swim alone.

Adult = 16 years and older.

#### POOL TERMS

**Competent swimmer** is defined as an individual who can swim 25m unaided.

Individuals qualify for **concession** prices if they are over 60 years of age or between 3 - 15 years of age.

Children **under 3** years old swim for free at Kings Fitness & Leisure.

#### \*FAMILY SWIM

This session must be pre-booked

Available to all members

Available on a pay as you go basis to any

accompanying parents/carers/siblings

#### LANE SWIM

Must be competent swimmers

**You will need to arrive 'beach ready' and please use the poolside showers before your swim. Shower facilities are not available post swim.**

Please like our Facebook page **Kings Fitness & Leisure** for daily pool updates.